

KENTUCKY HIGH SCHOOL ATHLETIC ASSOCIATION PITCHING LIMITATION VERIFICATION FORM

(keep current and in scorebook throughout season and playoffs)

| Орропеnt | Game Date | Level (MS / F / JV / V) | Jersey Number | Pitcher Name | Pitches Thrown | Days Rest Required (see chart below) | Pitchers Coach Signature | Opposing Coach Signature |
|----------|--------------|-------------------------------|------------------|-----------------|-------------------|--|-----------------------------|-----------------------------|
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Opponent – That Specific Date's Opponent; Game Date – Current Pitching Date, Level (MS/F/JV/V) – Middle School, Freshman, Junior Varsity or Varsity); Jersey Number - player's game jersey number; Pitcher Name - player name; Pitches Thrown - Number of pitches thrown on this date, pitches thrown for strikes (including all foul balls); balls; balls in play and outs; Days Rest Required – See chart below.

DAILY LIMITATION

The limit on the number of pitches is based on the level of pitching. Specific rest periods are in place when a pitcher reaches a threshold of pitches delivered in a day. The rest periods required during the regular and postseason are listed below:

| VARSITY LEVEL PITCHES THROWN IN ONE DAY | REQUIRED REST |
|---|---------------------------------|
| Maximum Pitches | 120 |
| 76 pitches or more | Three (3) calendar days of rest |
| 51-75 | Two (2) calendar days of rest |
| 26-50 | One (1) calendar days of rest |
| 1-25 | No mandated rest |

| JUNIOR VARSITY/FRESHMAN LEVEL PITCHES THROWN IN ONE DAY | REQUIRED REST |
|--|---------------------------------|
| Maximum Pitches | 110 |
| 66 pitches or more | Three (3) calendar days of rest |
| 41-65 | Two (2) calendar days of rest |
| 26-40 | One (1) calendar days of rest |
| 1-25 | No mandated rest |

| MIDDLE SCHOOL LEVEL RECOMMENDATION PITCHES THROWN IN ONE DAY | REQUIRED REST |
|--|---------------------------------|
| Maximum Pitches | 85 |
| 56 pitches or more | Three (3) calendar days of rest |
| 36-55 | Two (2) calendar days of rest |
| 20-35 | One (1) calendar days of rest |
| 1-19 | No mandated rest |

| Coach Signature) | Position (Coach) |
|-----------------------------|------------------|
| (Principal/AD Signature) | Position |
| DATE | DATE |

-By signing below, the individuals certify that the information on this form